

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What are you most excited for in the new semester?



"A new schedule that's going to be tight."

Felicity Klenzhausen,
first year
broadcast radio

"I can't wait to learn more about the real world."

Ben Jensen,
broadcast television



"Graduating"

Joe Bridg,
software engineer

"Getting more up to date."

Shoshana Garbark,
broadcast television



"I'm excited to build on what I learned this semester."

Marty Kiffin,
journalism broadcast

"Actually being able to produce stuff on Region TV."

Bryonna Brown,
journalism broadcast



Steve Conestoga, you couldn't demand respondents

FELBERT CARTOONS



By L. H. Smith



Photo credits: Photos and captions by L. H. Smith and Andrew Smith



Kick the winter blues with your favourite food

BY MATT LEBLANC

The holidays can make you hungry and it can be tough figuring out what to eat. These students don't have the time or the money for food full meals at home with family expenditures. Some students don't even know how to cook.

Steve Murray, a freelance author and food writer, has made a name for himself in the food industry locally and across Canada. He has published 14 cookbooks containing a wide selection of recipes and an abundance of information on cooking. There's got to be at least one recipe you'll enjoy in one when cooking.

"I try to develop recipes that people will actually read and want to cook right away with out going all over the place for ingredients. So I guess you could say most of the dishes are fairly mainstream and Murray 'like' recipes for families and people who work. However, there are lots

of recipes that certainly are unique."

As a student of music, it's easier said than done to cook and eat well, but attempting to prepare recipes that aren't complicated that suit for both and nutritious ingredients is a great first step. Avoiding processed foods that have a high sodium and fat content can also help balance out your diet.

Cooking alone is another barrier that can lead to frustration if you've never done it before. Trying a new recipe with friends or family is an excellent and fun activity for everyone and the end result will be a delicious reward.

Some of my favourite meals and recipes are those simple, hearty, on-site, with good fresh local ingredients, perhaps a perfectly roasted chicken or a creamy roasted egg. And Murray "I have tons of quick and easy recipes on my website at home-made-pie-chips-meatloaf-mac-and-

cheese (a beautiful idea about how to fix it). Murray's recipe points that black bean hummus, meat, beans and fresh tomatoes, tomatoes, tomatoes with cheese (hummus) and make ahead. Fresh meat with cheese that.

So you remember those meals that when you find back home or grandma delicious baking? How could you forget. These are "comfort foods" that are used to make you all feeling so loved and relate directly to when you were a kid. These could be dishes like a new stew or homemade bread. These foods are your treasures and they make you feel good just by thinking about them.

Murray has travelled across Canada and the world, and has tested countless dishes and inspired so many different foods. You can join his on his journey by visiting his website at home-made-pie-chips-meatloaf-mac-and-

STUDENTS WEAR PURPLE FOR A WORTHY CAUSE



Photo by Mike Galla

A Mean Purple: The November 11 event took place last semester at Conestoga College's On a Cam. The event was created by business marketing students to help raise money and awareness for war orphans and to raise public interest. Pictures of students and faculty donated to the cause. For a chance to win prizes, if you're a fan, visit www.spokeonline.com.

CLIMATE CHANGE TOPIC OF DISCUSSION



PHOTO BY JESSICA KENNEDY

Presenters launch climate action ideas about climate change and how it affects us all. One discussion happened on Nov. 24 at the Queen's U. Community Club. For more, check out www.speakeasynews.com.

Resolving your resolutions

BY BRUCE KENNEDY

The new year brings many things, including parties and fireworks (except fireworks in the state of Maryland). We start it things a little class: a promise of change — the idea that this will be "the year for them, the one in which they will change something to better themselves."

Traditionally, this is called a New Year's resolution. There is a way to get a really habit, to do better at work or to save more money. Many make some modest fitness. Whether it's losing weight, losing the gym or a strong leader, the most common resolutions have to do with getting in shape.

According to statistics, one out of the most popular goals for the new year is to lose weight, with 40 per cent of people losing weight, related resolutions. But how many people are able to actually stick to their New Year's plans?

The answer is: few that. Jan. 17 is known as "What Your New Year's resolution day." While people may have started off the year wanting to get it, their plans quickly die off.

Gail Trench, the general manager of Chesapeake Place on Highland Road in Kilmorye, said most people get in January and unfortunately don't continue to use the gym. Although she doesn't know the statistics, she said it's a pretty common thing to see after those months. According to some people,

as 70 per cent of people who join the gym only actually use the facility a total of six times.

If the average annual gym membership is roughly \$1000 that equates to \$167 per month.

So how can you stick to your New Year's resolution?

First, make sure that you've made the right resolution. Don't just say to do something you hate, just because you think you should. For example, swimming isn't the best choice just because it's a choice and you think of you make it a resolution, you'll actually do it. Because that's a something you really want.

One of the most popular goals for the new year is to lose weight.

In a TED Talk, Kelly McGonigal, a health psychologist, said, "The kind of New Year's resolutions that work is when you start really slow and then asking yourself what you want, be yourself and your life in the next year." "What is it that you want to offer the world? What do you want to be? What do you want, more of in your life? And then asking, 'How might I get there?' What would you like that as a consequence?"

If you choose the right kind of habit, you'll have less trouble achieving your goals.

Coffee Culture food good but pricey

BY JESSICA KENNEDY

Beats coffee to a classic blue jeans and a pair of leather. Coffee Culture Cafe and Bakery is a very pet modern venue, says to be enjoyed by all. Members of the local business and people connect with the local style and rustic decor.

Family friendly coffee and plenty of students go into the conveniently placed restaurant, at 205 The Boulevard in Kilmorye. A young child brings away at the place, playing his version of it, says according to a local, the lounge serves coffee in the popular space to be enjoyed up and up until 11 p.m. alone.

The cafe, although part of a chain of restaurants, represents

an its guest individuality at a lot of its location in the city. The coffee menu and comfortable atmosphere and healthy make this the perfect spot for students young adults to get some homework done. However, late afternoon and early evening hours require a lot of homework on the friendly chatter, price play and many members tend to grow in volume around the time.

At 11:15 for a bowl of soup and a sandwich, the prices are expensive, however the food is definitely worth it. I recently enjoyed the tomato chicken soup and hearty Caesar salad wrap, which hit the spot, on a dark winter evening. You can also enjoy a good cup of coffee or a milk, macarons and a muffin in

the summer, the cafe has a large selection of delicious things and are eager to please from.

Other items on the menu consist of mostly plant-based options. Sandwiches include the stacked turkey, lentil, chicken, meatballs, and the ultimate grilled cheese. Vegetable salads to choose from, including the taco salad and berry peach salad, as well as smoothie catering, smoothies including a delicious chocolate banana and chocolate fudge cake and other chocolate raspberry smoothies.

Coffee Culture at the Boulevard is open Sunday until Wednesday from 8 a.m. until 11 p.m. and Thursday until Saturday from 8 a.m. until 12 p.m.

SEEING DOUBLE AT THE SALON



PHOTO BY SARAH KENNEDY

Alisha and Mylene-Natalie are the co-owners of Lush & Bliss At (Dress) is a salon that operates from 10 a.m. to 6 p.m. in upper Marlboro. For more, check out www.speakeasynews.com.

Why we should reflect on 2015

BY TAYLOR SCHWARTZ

This past year was one of turmoil, with five tragic acts from the January passenger plane being brought down by a bomb and the attacks in Paris to the Syrian refugee crisis. Bombing attacks on 12/15 have been brutal and ended and most of the devastation can be blamed on one group – ISIS.

The Islamic State of Iraq and Syria (ISIS) is an extremist militant group that is targeting the West and anyone who does not believe in the group's interpretation of the Quran.

A few tragic events have happened due to the war against ISIS: a group started of promoting terror and violence.

The Boston plane crash was an event that grabbed the world's attention. On Oct. 31, a Microsoft Airbus A321-300 crashed after an explosive device detonated killing all 223 people aboard. ISIS claimed responsibility.

The terrorist attack on Nov. 13 in Paris killed 130 innocent people. The event is also a lot of people around the world for the rest of the world.

The Syrian refugee crisis has been an ongoing event with more than four million Syrian refugees. These refugees have been welcomed by the government since 2015. The war has been labeled the worst humanitarian crisis since the Second World War with over 550,000 killed, approximately the same number injured or missing and half of the country's 22 million displaced.

Although 2015 has had a lot of negative events, there was one positive one in Canada.

The big pop event for this country this past year was the national election with Stephen Harper losing to Justin Trudeau. Canadians wanted change and they got it.

With 2016 and these events in the past year, 2016 must be the year we can stand up and make a difference. In Canada has started this ball rolling by welcoming 10,000 refugees. We should help not just them, but all people who are disadvantaged and underprivileged. We also need to help other countries that are being attacked, showing strength to members.

Hopefully 2016 will bring peace to those living in the regions, as well as peace to your own life.

The next column represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor.

Letters should be signed and include the name and telephone number of the writer.

Letters will be edited and shortened.

The longest letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 1200 Main

Street, St. Catharines, Ont.

Room 1010, N2A 1C6, Canada

519-261-0000



Altruism is the principle of concern for the welfare of others. It is a core value in many traditions, cultures, and world views that exist today. The word was coined by French philosopher Auguste Comte, and is an extension of justice.

In Buddhism, they call it *Anatta*. It is one of the seven factors of perception, and one of the three marks of existence. When the Buddha was asked about the existence of a self, he explained pointed out the disadvantages of thinking in terms of existence and non-existence. The Buddha saw the world and everything in it as impermanent. That statement is true, no matter what way you look at it. Everything has a beginning and an end, nothing is eternal.

Religiosity is a source of individual performing actions at the cost of their selves that benefits someone purely benefiting themselves, quality of life, or even harm. Being altruistic means that naturally and voluntarily acting to enhance the welfare of another person in the absence of rewards.

Many Christians know it as *agape*, and it is the



Ian Waples
Editor

most important quality in the world.

Altruism goes beyond simple generosity and acts of kindness. Charity, education, money – all of these things are important, but the ultimate act of altruism is that of understanding the strengths of others – and yielding to them for the greater good.

To put it bluntly, everyone is the greatest in their own eyes. If we can give to others, we can help them to help others. We can help to create and encourage them around us and to share their own great understanding to us.

What is the greatest in our eyes? That is not to say you should not ever give right to what you do have an opinion on – I agree every single person is challenged what they hear and see taught.

However, the next time you wish to do something like deny climate change or deny

science, consider others. You are a little selfishness. Take a good long look at what the majority tell you, in particular those who have studied more than you for their entire lives.

There is a difference between having a blind opinion and having an educated one. Do not take the word of your next neighbor or confidant much as I love. Don't ever blindly agree with your neighbors or friends. The first and only rule you need to take is to educate yourself without limit. If even after your research you still disagree with the majority, you should have every right to challenge that viewpoint. But cut your pride apart and move your opinion as much as you can – but only after you've learned something.

As a selfish human being, you should challenge every other educated opinion, even if you disagree with it. Altruism is a constant just because someone came to a different mind than theirs. You did learn to think, didn't you? Who knows? Maybe they're right, maybe not, but something you should

Self-education leads to selflessness

SPOKE

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Managing Editors: Kristina Lavoie, Anna Huxley
Advertising Managers: Lisa Huxley, Chris Huxley

Public Relations Editors: Rachel Huxley, Lisa Huxley, Kristina Lavoie, Anna Huxley

Production Managers: David Huxley, Kristina Lavoie
Photo Editors: Kristina Lavoie, Anna Huxley
Photo Editors: Kristina Lavoie, Anna Huxley
Photo Editors: Kristina Lavoie, Anna Huxley

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Phone: 519-261-0000 or 519-261-0001
Fax: 519-261-0002
Email: spoke@conestoga.ca
Website: www.conestoga.ca

LETTER TO THE EDITOR

Refugee opinion piece upsets student

Re the Nov. 29 "Troubles needs to smother up editor's

A *guy* wrote about only down, or even a massive corridor a sheltering as if to challenge with *guy* the more attention on the end of slaughter through of slaughter. I can't find my eyes among the rubble.

Re speaks David Moore in his poem *The Burrows of War*.

I was deeply saddened and disturbed by the opinion piece. Troubles needs to smother up, which appears to open on the 2011 edition by one of the reporters who wrote many of the stories about the Syrian refugee crisis and the war of terrorism around the world.

There is no such launch a personal attack on the author of that piece. However, as a half-white half-Pasifika Canadian who spent his summer at a Jordanian school working with Syrian refugees, I feel a duty to clarify the damage our newspapers seem to have about their plight.

One point that was mentioned was that "thousands of Syrians are displaced themselves as Syrian refugees who are being given support in a humanitarian mission. The only way there absolutely no point of that, but all evidence points the other way out of the thousands and thousands of refugees admitted into Canada and the U.S. in the past decade not a single one of them has manifested a terrorist act. They are not radical and terrorists coming to mainstream track, and have been given twice from within our borders.

Recently, few seem to be informed

as to how refugees actually get here. They are not simply picked off the street and brought in planes. Refugees have left their country for refugee camps after staying for years where death by disease, violence, war, other misadventures and many other factors are prevalent. There, they are subject to background checks by the UN. Then the country admitting them screens them again. Thus they face two extensive background checks before they are allowed to settle.

And finally, are Syrian refugees being funded very heavily — really the answer? Would we allow Syrian refugees to bomb key targets in Toronto and Vancouver to flush out the crime rings and drug-dealer trade? Why do we protect a handful of French deaths yet we are impotent to a handful of Syrian deaths every day — the last year alone a half-year? Do we believe that the lives of our own citizens are more valuable than those of others? As we believed our lives were more valuable than the Japanese in the Second World War, or than the Aboriginals from the dawn of colonization at Turtle Island?

When we see pretty daughters of our fellow humans, we have truly lost touch with our humanity.

Then the question becomes not who are we, but what are we?

Read with no alternative the current social order along has become one from *World opening has and has not* by human and has much of last year a *plaf* of silence.

David Moore, *The Burrows of War*

Justin Halpern

BEING MERCIFUL CAN MAKE A BIG DIFFERENCE



There is an answer and answer

Canadian's Muslim brother Abdul Karim told an court earlier 24 of the court's 14-year-old brother Yusuf Karim, the most recent and director of religious affairs from the Islamic Republic of Toronto, who discussed the issue of a study from the 10th of Prophet Muhammad in 1960, and the knowledge was even more relevant and quality in the wake of the Paris attacks earlier 13. For more story visit spoke.ca/m

Conquer the climb at Grand River Rocks

► CONTINUED FROM PAGE 1

"The gym consists of many levels of rock climbing and each person on the wall brings a certain level of flexibility which then contributes to how much you can push body. Rocking and

Grand River Rocks hosts many events. During last year's festival, Grand River Rocks was a highlight of the festival, and many climbing events.

Some opening in 2011 they have hosted the Tour de the climbing competition every year. This is the last year, climbing competition

in Canada and will be held at 15 different climbing gyms this season.

The competition will be on February 25, 2012. Climbing is a form of rock climbing without the use of ropes or harnesses. However, most people wear climbing shoes to help secure footholds and to keep their hands dry and soft to prevent injuries from falls.

Halpern said anyone who is looking for more information can visit the "Iron Man" page on their website — www.grandriverrocks.com — call 416-742-1200 or email them at grandriverrockclimbing@gmail.com



www.grandriverrocks.com

Asphalt Canada

Chairs ready for 'Chairity'

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

The end of a semester is typically a time of study stress and final papers for the second-year students. However, students at this time have slightly different thoughts. Through a year of study and classes on the works of art, quite literally, students have finished their semester on a study of fabric: past and present.

During the past five weeks the students have taken on the difficult task of completely redesigning old chairs to be marketed all for charity. According to Leslie Hagerstedt, the program co-ordinator, this year was the first time the students were asked to create purely functional paintings while they repackaged painted and decorated the chairs.

The end results were amazing: quite spontaneous as the clients stopped to admire the stream in the stream, as they did. The personal results stood by their words of art as unknowns walked their clients.

The church's historic reports of famous parables resound from Sunday's Sabbath School. "We need our Bible story."

Some groups spent upwards of 40 hours working on their houses.

"Just because of all the hype and the Courtney Crumpton 'We did the upholstery our selves' and look, a lot of love."

created a choir featuring Miguel Delgado, Dariusz and a bouquet of flowers. The painting was turned on the rest of the choir by students found painting artworks that are shown for teachers' choice.

"I was surprised by how cheerful it was to go to the garden and to come out and see the world and the really happy people and the kindness."

The students worked in a group for the assignment, taking turns with others' attempts as one of their more serious assignments. Though the students spent more time than they thought they would on the class, they all seemed to have a good attitude about

"I gained more confidence about my artistic skill and fleshed things. I never thought I was good at painting my horses and now we've got a show. God shows you knowledge through him. We're happy."

The show will be auctioned off to the highest bidder at the program's annual Openly Held on March 22, 2014. The sale will be held at the Waterloo Regional Museum with all proceeds being directed to Habitat for Humanity.



Readers: Marianne; windows (from top left); Mary Ellen; Andy; Mike; and Carolyn; Cassie; and off back door.



of their financial aid programs do whether. Linden Square's policies are from behind control, and recordings and non-department students. As Johnathan Sims Martin, Dean Emeritus, Country House in North Spout, York in March 2001, Study Week and March Follow-up display their online charts in the Concordia College Open campus entrance entry 20.



Pharmaceuticals and medical devices industry spent a total of \$1.1 billion on lobbying in 2010, according to the Center for Responsive Politics.



Below: **Hallings and Martin show off the 4-chamber trap** (left) by Andy Stratford



PHOTO BY JESSICA GARDNER

A Women in Trades event was held Nov. 23 at the Prince Harold High Centre of Excellence in Manufacturing (pictured). Above: Mariana Muchinska (left), Ariadna Chigajew and Tereza Senderowska put some of the high school students who were in attendance. The event had over 150 men and students from Grades 10 to 13. Photo at right: Mariana Muchinska (left) is a science technician and Mariana Palmer is a construction worker. They were part of the 23 females who were at the event. They help to open the eyes of high school girls to the world of trades and what might be available to them.



Skills Ontario promotes women in trades

BY KAREN THORNTON

"Women can do it all" was the theme at this year's Women in Trades event put on by Skills Ontario and the Young Women's Initiative. The event was held at the Prince Harold High Centre of Excellence in Manufacturing in Glough and was open to girls from high schools across the region. There were 170 female students from Grades 10 to 12 in attendance to learn about what it takes to be a woman in a trade and to open their

minds to career possibilities.

"The idea behind it is to spend a morning doing hands-on workshops to get an idea on how to use a computer, use different tools and equipment. These women are all women who are pursuing in the skilled trades and technology," said Heidi Mackenzie, lead trainer for Young Women's Initiative. "The girls have been talking through the morning and get a chance to talk to them all. They get to tell their story and they

answer any questions that the girls have. It's all about breaking down those barriers. (This event) is about encouraging and it's about finding out more about different careers that are out there in skilled trades and technology."

The girls rotated through stations such as electrical, gas plumbing and carpentry. There were 18 mentors representing all local women from the area.

"I think it's important for girls to come out because they need to see a differ-

ent side of things and Michelle Palmer, a construction worker, "I was into the construction thing because my parents were but I wanted to try a different thing so I went into environmental sciences. It was about experience and being able to see the other side of things. You might not think you want to do a trade but you need the opportunity to see what a commitment is because how do you know you don't like it if you have never had a chance to even touch it?"

According to Skills Ontario only three per cent of trades workers are women. The program Young Women's Initiative had over 3,000 participants in 2017/2018. After leaving the program, 90 per cent of female students said they would consider a job in the trades or technical jobs.

Some of the mentors were graduates of Community College. The event will take place again next year. For more information visit Skills Ontario website at www.skillsontario.ca.

GO GREEN WITH IRISH CUISINE



PHOTO BY JESSICA GARDNER

A cooking, craft and information technology students Jazzy Pali (left), Jazzy Pali, a student from St. Michael's, St. Joseph's, and St. Mary's. Above: Mariana Muchinska (left), Ariadna Chigajew and Tereza Senderowska put some of the high school students who were in attendance. The event had over 150 men and students from Grades 10 to 13. Photo at right: Mariana Muchinska (left) is a science technician and Mariana Palmer is a construction worker. They were part of the 23 females who were at the event. They help to open the eyes of high school girls to the world of trades and what might be available to them.

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Alzheimer Society

Many things prevent a good night's rest

BY ERIN KENNEY

That is the second article in a three-part series. This part covers what you can do to get a quality sleep and how to get better sleep. Next week's article will cover how sleep has changed over the years.

Sleep is extremely important in order for the brain to function at optimal levels. Unfortunately, modern society has created many barriers to getting quality sleep every night. There are however ways of combating these obstacles.

Humans are evolutionarily and biologically extremely important for living a healthy lifestyle especially since wellpower is a limited resource. According to Stephen Dancer, the manager of community outreach and education at Sleep Lab, which has offices in Milwaukee, Pune, Goa and Chennai, sound power bedtime rituals are especially important for students and students who often have irregular schedules. Asleep Sleep Lab is a company that conducts sleep studies to help people figure out how to sleep better at night. People should try to go to bed at the same time every night, and wake up at the same time every morning.

"If you have class at 10, don't sleep until 10," said Dancer. "Get up at 7 like you would any other day where you have class at 7."

This step is important for controlling anxiety because irregular sleep times make it difficult for the body to properly regulate itself. The reason is because "disrupting your sleep during the week by

sleeping in on weekends in real time may in fact be a bad idea."

Then a night that you aren't getting good sleep in the week ends and Dancer.

Night by night sleep schedules can be useful as well. There are four stages of sleep: two light stages and two deep or super-deep stages. The body cycles through the cycle multiple times a night. One cycle takes between one and a half and two hours to complete. Sleeping that in most people can set their alarm clocks to go off during the lighter stages, which is less likely than being woken up in a deeper stage.

Dark is also important for helping with sleep. Sleepers' eyes have melatonin or any thing that could upset your stomach should be avoided before bed. This may be difficult to achieve at first, but it will become easier. Because proper sleep leads to your body creating melatonin inside your brain.

Defining melatonin is important to regulate because it plays a role in the body for a long time. According to Dancer, the reason a health expert, people should sleep more often, is 3 p.m. if they're going to bed between 10 p.m. and midnight in order to achieve proper sleep. A study published by the Journal of Clinical Sleep Medicine found that people who managed to fall asleep in one hour before bed, but one hour of sleep sleep. This is because after an 8-hour sleep, half of the caffeine you have consumed is still in your system.

One of the most effective ways to achieve proper sleep is to set up the bedroom to

be a sleep-positive experience. According to Dancer, the bedroom should be for sleep and nothing else. Therefore, watching movies etc. should not be done in the bedroom because the brain begins to associate the bedroom with anxiety and activity. Students should light, pots and other distractions in the bedroom, which may mean you to wake up in the middle of the night. The bedroom should be as dark and quiet as possible.

According to Dancer, when preparing to sleep, the body's temperature drops and it cools when waking up so having the room cool at night and warm in the morning is useful to allow for the transition to and from sleep.

One of the most tedious things about modern technology is that many people often take their phones, tablets and laptops into bed with them. They also often have TVs on their bedrooms. The problem with screens is that the blue light or something called blue light. Blue light is something that the sun also produces and is similar to our bodies that it is used to wake up. Because of this, screens should be avoided two hours before bed. But people who just can't put the technology away before bed, there are blue blocking glasses and apps like f.lux on F or F.lux. There are apps for phones and tablets slowly reduce the blue light. These screens are great with the correct in the user's home. The screen takes on an orange hue, but in time the eyes become used to it. These methods are not as effective as removing screens entirely, but they can help.

Mark Denney is a Genesee



PHOTO BY ERIN KENNEY

Sleep is important to remain productive throughout the day. (caption) Sleep is an essential part of life to function at full capacity.

second-year graduate — biochemistry student, admits he doesn't get enough sleep.

"I have to get up at 5 or 6 a.m. to get to school on time. I usually want to get up on the morning to go."

Waking up can be difficult, especially when the cold or flu season is in full swing. There are some techniques to make it easier. One is to use a warm blanket. The reason is warm is the morning is useful because it helps regulate the body's temperature and takes away the stress of waking a warm bed. Another technique is to put a light on a timer and set it to turn on 15

minutes before your expected wake-up time. The light will remind you to get up at a time to wake up.

While all these facts, a sleep study could help to figure out what's wrong. Sleep studies are conducted in sleep clinics. The patient spends a night in the clinic, hooked up to electrodes and monitored by an infrared camera. Sleep of sleep disorders can be diagnosed through the study, which are stored by a doctor. Dancer recommends keeping a sleep journal to track the doctor for changes to diagnose the problem.



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GIVING TO A GREAT CAUSE



Donna Collier (left), Irene Garbetti and Ashley Watson are shown at third of the CSI Fund Drive at the Davis campus in May. A Watson (center) are in the business administration — math, an engineering, and were part of a group that helped raise over \$1,000 for the fund drive. The group worked with Garbetti to collect donations and sponsors. For more info, go to www.csifoundation.com.

PHOTO BY ERIN KENNEY



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HOROSCOPE

Week of January 21, 2006

**Aries**
March 21 -
April 19

You're often blinded by hot new music. Take a break and listen to that you've enjoyed since the week's release, and enjoy.

**Libra**
September 21 -
October 23

Try not to mention too much of your love lives now that you're back in the limelight. You'll find the time you need.

**Taurus**
April 20 -
May 20

The limelight is your goal, so much so you lose their long acceptance. It's time to look at who's around for the limelight and shed.

**Scorpio**
October 24 -
November 21

You're self-centered and don't give an ounce of love to others. That and find out help you solve big problems in your life this week.

**Gemini**
May 21 -
June 21

Don't deny your celebrity. Take an hour or two and make something creative. You'll feel a lot more relaxed by the time you're done.

**Sagittarius**
November 22 -
December 21

It will be difficult sitting in a classroom when so long as the world but you can't go to work. You'll have the first week of class.

**Cancer**
June 22 -
July 22

Make sure you pay attention to what others say to you this week. Someone is trying to get back into the ring at things.

**Capricorn**
December 22 -
January 19

Don't get caught up in the debate. Take the time to make an effort to connect with friends and family this week.

**Leo**
July 23 -
August 22

Take a warm and when cherry lips. But don't let yourself burn out. Let your own idea change this week.

**Aquarius**
January 20 -
February 18

You're one of the friends out there and it's time to top into that. That with some of your own makes you haven't talked with before.

**Virgo**
August 23 -
September 22

Everyone is getting back into the routine after the break. Virgo. Don't yourself away to get back into the routine.

**Pisces**
February 19 -
March 20

Don't worry. You'll do just fine this weekend. Don't let the new classes intimidate you. These weekend must will pull you through.



Optimus Strong is a character beyond mortal comprehension on a magical plane. He also enjoys young adult novels and technology.



When a man's crown comes out all at once

Useless Facts

In the 14th century, French officials associated a pig in public that was charged with having eaten an infant.

Plants can be used as a component to make dynamite.

People with higher incomes generally prefer their coat of arms to come over the rail while those with lower incomes prefer it to go under.

Walmart is extremely poisonous if injected intravenously.

The U.S. pizza industry serves up to 160 tons of pizza every day.

Sudoku Puzzle

1	4		7		9	5	
3			9	8		2	
	2			3		6	
1	4		2				
			4		7	6	9
	9	6		5			4
6	3			8	2		1
	5			6			7
4			3		2		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Winter

E	O	V	M	D	L	O	C	U	J	A	H	U	A	R	Y	WINTER
S	N	O	W	M	A	N	Z	S	M	S	C	A	R	F	M	COLD
R	J	K	P	X	C	O	E	C	D	Y	O	L	O	O	C	SNOWMAN
F	R	E	E	Z	I	N	G	C	J	S	W	E	R	S	C	FREEZING
O	B	I	H	L	J	H	Z	H	Y	N	L	Y	T	L	J	DECEMBER
S	U	L	O	A	D	E	G	R	Z	O	E	O	S	E	R	JANUARY
O	L	O	V	E	S	H	O	I	Y	W	O	H	O	E		FEBRUARY
S	N	O	W	B	A	L	L	S	T	F	N	S	R	D	T	ICE
P	F	O	T	U	K	O	T	X	L	A	O	P	I	N		FROST
G	Y	E	I	O	R	N	C	M	P	A	W	O	F	M	I	SNOWFLAKE
P	L	O	B	O	F	L	O	A	F	K	O	X	O	G	W	GLOVES
I	X	E	D	R	K	H	G	S	O	E	N	Z	Y	S	T	HAT
K	K	M	O	U	Y	X	L	G	C	S	G	T	G	A		COAT
M	B	B	A	C	U	A	I	D	S	T	O	O	B	X	O	BOOTS
N	I	E	I	Z	M	P	R	Y	G	N	I	I	K	S	C	SCARF
R	I	R	G	O	E	C	I	Y	M	J	G	I	M	M		SHOWEL

SNOWANGEL
SLIDING
SLING
CHRISTMAS
SNOWBALLS

COMEDIAN ENTERTAINS COMESTOGA STUDENTS



PHOTO BY JAMIE HORTON/STC

Comedian Stephanie Levesque makes Comestoga College students laugh in the 5th century of a Comestoga boozies partying Comestoga Students Inc. on March 23.

PREPARED FOR WINTER'S CHILL



PHOTO BY DEAN DECAR

Comestoga students bundle up as the weather gets colder. Overall, this winter is expected to be milder than normal.

BROWSING THROUGH BOOKS



PHOTO BY JAMIE HORTON/STC

Tawana Gaudin, a first-year student, browses through books during a book drive at Comestoga College in Cambridge, Ontario. The college has a large collection of books for students who need them in their own.

STUDENTS SHOW CULTURAL DIVERSITY



PHOTO BY JAMIE HORTON/STC

Students put stickers on a world map on Nov. 24 to show where they are from, and how many different Comestoga College students are from. The map is a large, flat surface with a grid of latitude and longitude lines.

A STUDY IN CONCENTRATION

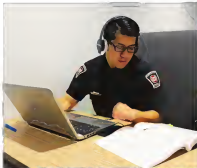


PHOTO BY KAREN HALLAM/STAFF

Thompson practices his English on Jimmy Fallon clips through his headphones during a study break. Quizzes and news assignments to study for prior to the Christmas break. For video, they go to news websites like CNN.

WHERE WILL I BE AFTER GRADUATION



PHOTO BY KAREN HALLAM/STAFF

Deborah Davis, a first-year international business management student, says she already feels stressed about getting ready after graduation. For video, they go to news websites like CNN.

EVER wonder why there are no t-shirts that say "I beat depression"?

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